

LASER CATARACT SURGERY



EVERGREEN EYE CENTER

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Bladeless laser refractive cataract surgery is now a reality, and in Washington state it is available at Evergreen Eye Center in Federal Way. We performed the first laser cataract surgery in Washington on February 12, 2013 with the LenSx® femtosecond laser. Traditional cataract surgery is considered to be one of the safest and most successful procedures performed in medicine today. Now, a technological breakthrough with bladeless laser cataract surgery is available that has significantly improved the precision of several of the most critical steps in cataract surgery. With laser cataract surgery, our doctors at Evergreen Eye Center will customize your procedure to your eye's unique characteristics, resulting in better visual outcomes while potentially making cataract surgery even safer.

David E

Retired Dermatologist

"The procedure was a breeze and I have perfect 20/15 vision. Driving at night I have much better vision being able to see the road signs and actually feel it is safer. I can read, use the computer and read a menu without glasses. I love to look out on the Puget Sound and see the ships and boats in detail.

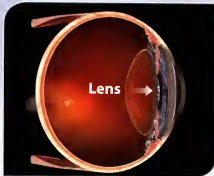
I'm 70 years old and have skied 37 times this year at Crystal Mountain. My vision on the slopes is so much better for skiing and enjoyment of the area. It's like going from an old tube TV to a high definition flat screen.

Without a doubt choosing bladeless laser cataract surgery was one of the better decisions I have made in my life. It's really been a great experience to enjoy this refreshing vision."





Early Symptoms of Cataracts



Natural Clear Lens



Natural Lens with Cataract

CATARACTS

If your vision is getting cloudy, if you are losing your color perception, if you are having trouble reading or with your night vision, you may be experiencing the early stages of developing cataracts. The natural lens inside the eye is normally transparent and a cataract is the clouding of this natural lens. Cataracts are a normal part of the aging process. Most people will develop cataracts if they live long enough.

There is no medical treatment to reverse or prevent the development of cataracts. Once they form, the only way to see clearly again is to have them removed and replaced with an artificial lens or IOL.

In general, when you are bothered by your vision during your daily activities, it is time to think about cataract surgery. Cataracts will typically not damage the eye while growing, so there is no need to rush into the surgery. You can decide when the time is right for you. Although it is surgery, the risks with modern cataract surgery are very low. You should not be anxious or afraid of the procedure. Laser cataract surgery has improved the precision and our outcomes as well. Thanks to Premium IOLs, you are less likely to need glasses after cataract surgery.

Jay B

Retired Navy Medic

"I had two fast growing cataracts removed. It got to the point where I had to wear prescription progressive bifocals everyday for the past 10 years. I used to have eyes like a hawk. After the surgery I can now see like a champ. Everything is clearer, sharper, more vivid and brighter.

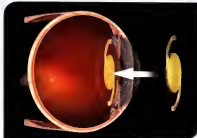
As a Hospital Medical Corpsman in the Navy years ago I worked with dozens of doctors close at hand everyday. I know the difference between people who go through the motions and people who really care. I can honestly say I'd give 4 stars to Evergreen because everybody there seemed like they really cared. I wouldn't have changed anything because they did an excellent job."



IOL (Intra-Ocular Lenses) for CATARACT or REFRACTIVE LENS EXCHANGE

IOLs are soft, foldable lenses that are inserted into the eye in order to replace the natural lens that developed the cataract. These lenses are also viable options for some patients who have not yet developed cataracts but want to reduce or eliminate their need for glasses with a procedure known as Refractive Lens Exchange or RLE. Cataract surgery and Refractive Lens Exchange are identical procedures. The only difference is that with RLE, the lens is still mostly clear.

Made of plastic or silicone materials, IOLs come with monofocal, multifocal, or accommodating optics. Monofocal IOLs provide a single zone of clear focus and are usually implanted to provide excellent distance vision. Patients with monofocal IOLs will typically require the use of reading glasses for near vision tasks, such as reading or sewing. Multifocal and accommodating IOLs (Premium IOLs) are designed to provide a full range of vision with minimal, if any need for glasses or contact lenses.



Replacement IOL



Monofocal IOL



Premium IOL

The lens that is right for you will depend on your ocular health, your occupational needs and your lifestyle. It is important that you consider your options thoroughly as you only have cataract surgery one time in your life and the decision you make will affect how you see for the rest of your life.

Marilyn W

Equestrian & Homemaker

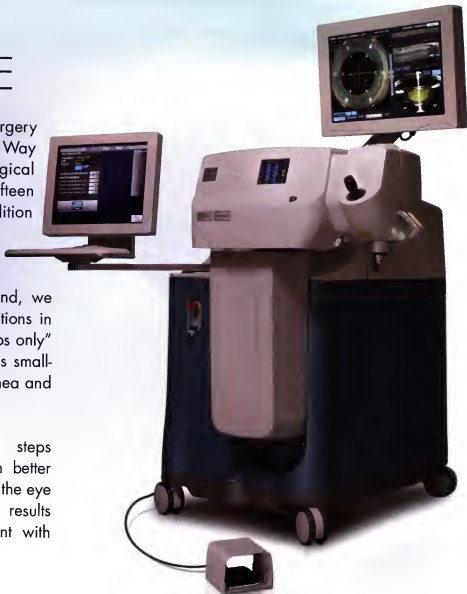
"I am an avid reader and work outside a lot with my horses. It is important for me to be able to see both ranges, near and in the distance...all the way across the pasture. I had a multi-focal IOL implant and I am extremely delighted to be able to see well again without glasses. I tell you cataracts snuck up on me. I'm glad I didn't hesitate to have the surgery. It was the easiest thing I've ever done medically. It was painless and quick. It's a great investment for the rest of my life."



THE PROCEDURE

Bladeless laser cataract surgery is performed in our Federal Way building's ambulatory surgical suite and takes about fifteen minutes to perform. In addition to using the femtosecond laser to accomplish many of the surgical steps that were traditionally performed by hand, we use the best and latest innovations in cataract surgery, such as "drops only" anesthesia (no shots), sutureless small-incisions through the clear cornea and foldable intraocular lenses.

The precise, reproducible steps performed by the laser mean better lens positioning, less trauma to the eye and more predictable visual results which are especially important with Premium IOLs.



To begin, a stair-step incision is created on the edge of the cornea with the laser instead of with a blade. The incision is self-sealing and rarely needs suturing.

The laser then creates an opening, "capsulorhexis", in the thin capsular membrane that surrounds the natural lens to provide an opening to remove the cataract. Studies have shown that less than 10% of manual capsulorhexis, which are made with a bent or shaped needle, have been able to achieve the same accuracy that is produced with laser cataract surgery.

In order to remove the cataract, the lens must be divided into manageable sections. This critical step is also performed by the laser, which causes less stress to the delicate fibers surrounding the capsular membrane that hold the lens in place.



Manual Blade Incision



Laser Incision



Manual Capsulorhexis



Laser Capsulorhexis



Manual Lens Division



Laser Lens Division

CORRECTING ASTIGMATISM

Astigmatism is present when the cornea, or outer window of the eye is more curved in one direction than the other, like the back of a spoon or the shape of a football. Astigmatism blurs your vision at all distances and is often present along with nearsightedness or farsightedness.

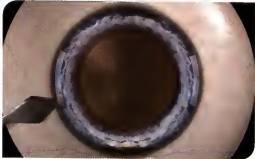
We use the laser or astigmatism correcting Toric IOLs to reduce or eliminate the blurring caused by astigmatism. For patients with astigmatism who select a multifocal or accommodating IOL to see their best at all distances with little or no dependence on glasses, our laser is the most precise, predictable astigmatism treatment.



After Cataract Surgery without
Astigmatism Corrected



After Cataract Surgery with
Astigmatism Corrected



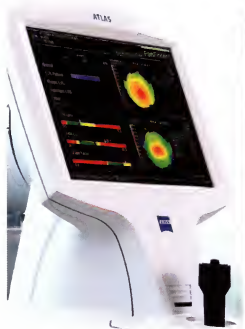
Astigmatism Corrected with a Blade



Astigmatism Corrected with Laser

OPTIMIZING IOL SELECTION

Every eye is unique. The type of lens implant that worked well for a family member or friend may not be the best choice for you. Measurements taken during your office visit and at surgery are critical to the design of your custom treatment plan. Advanced diagnostic testing is used to determine levels of astigmatism and detect cornea or retina irregularities. Once we understand your goals and the unique characteristics of your eyes, recommendations will be made for what type of surgery and what type of lens can provide the best visual outcome for you. Insurances usually pay most of the costs of routine cataract surgery and standard lenses that have been in use for the past 20 years, but they generally do not pay for advanced testing and specialized implants available to patients today.



AFTER LASER CATARACT SURGERY



You will be released soon after the procedure to go home and relax. Your eye will not be patched and typically patients are able to see improvement in their vision almost immediately. Complete visual recovery varies from patient to patient, but most patients return to their regular activities within a day or two. If cataracts are present in both eyes, the second procedure may be scheduled within weeks of the first eye. Serious complications are extremely rare, but because it is surgery, there are potential risks involved. Our counselors at Evergreen Eye Center will provide you with additional information about the risks associated with cataract surgery and answer any of the questions you may have. We appreciate your trust and confidence in choosing Evergreen Eye Center.

Denise B

Midwife

"I have an active lifestyle. I like to play tennis, ping-pong and golf. My surgeon put in a multifocal IOL because he felt it would work best for me. Since I had the surgery, my vision is brilliant. It's been great fun to just get up and go without any glasses or contacts. Two weeks after surgery I went to my grandson's soccer game. I could actually see him out there and even saw the number on his shirt. I had never seen it before, even with glasses and contacts. Seeing his face light up when they won made me realize just how much I had been missing."





Robert A. Tester, M.D.

Gary W. Chung, M.D.

John S. Jarstad, M.D.

Linda E. Day, M.D.

For more than 20 years, the pioneering doctors at Evergreen Eye Center have helped set the standard in cataract care and lens implantation. Today, our tradition of eye care excellence continues with the introduction of Bladeless Laser Cataract Surgery with the LenSx® femtosecond laser, the first FDA approved laser designed for refractive cataract surgery, the first of its kind in the Pacific Northwest.

Evergreen Eye Center was founded in 1989 by John S. Jarstad, M.D., who had a vision of a state-of-the-art surgery center serving the Pacific Northwest. He envisioned the facility as a recognized center-of-excellence, with a highly advanced surgery center and a knowledgeable and compassionate medical team that would provide a superior level of eye and patient care. Today, our team of over 90 dedicated and caring professionals is ready to bring you and your family the future of cataract surgery now.



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Toll Free: 1-855-NO-BLADE

www.evergreeneye.com

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